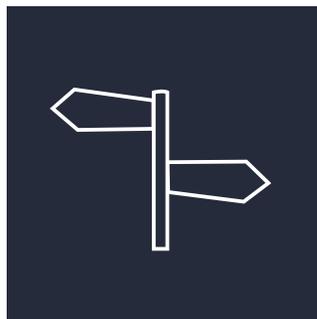
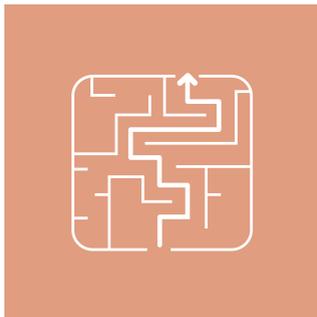
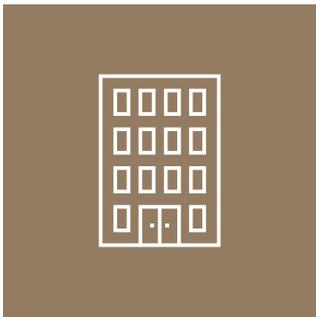




A FOREIGN STUDENT'S GUIDE TO WARSAW



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Feel free to share your observations and suggestions via e-mail to:
naukowa@um.warszawa.pl
or by traditional mail to:
Centrum Komunikacji Społecznej
00-099 Warszawa, ul. Senatorska 27.

Welcome to Warsaw!

I am delighted that you chose the Capital of Poland as the place for living and studying for the next few months or even years. This City has been home to many great Poles, such as Fryderyk Chopin, Maria Skłodowska-Curie and Irena Sendlerowa. Warsaw is a place where the big-city bustle and opportunity meshes with a homely atmosphere.

This is a dynamically developing metropolis and has for years been ranked among top destinations for living and investing. Warsaw is also one of the cleanest and safest European capitals. Each year, the quality of life among Warsaw's residents is growing as the City develops its infrastructure to make living here more and more comfortable. We have the largest scientific resources and the most advanced research facilities in Poland. Having creative and involved residents, Warsaw is an open, friendly and diverse city. Just like you, many people have come here to make their dreams come true. Together with those who were born here, you will be part of Warsaw now.

In order to make it easier for you to make yourself at home here, we prepared this publication in cooperation with other students. It will provide you with information and advice we believe you might find useful in your everyday life here in Warsaw. Feel invited to creatively explore the City and become involved in its development!

Mayor of Warsaw



Rafał Trzaskowski

This guide was inspired by foreign students of more than 70 universities in Warsaw. It includes information and tips to assist students who are starting their educational adventure in Warsaw in their everyday life here.

A regularly updated version can be found on the website of the City of Warsaw:



www.um.warszawa.pl/dla-mieszkancow/naukowa-warszawa
www.cyfrowabiblioteka.um.warszawa.pl



ON THE FIRST DAY.....5

| | |
|----------------------------------|----|
| On the first day | 6 |
| go where you want..... | 6 |
| CALL..... | 11 |
| ask..... | 12 |
| exchange cash | 13 |
| go shopping..... | 13 |
| drink tap water in Warsaw | 14 |
| remember (public holidays) | 14 |



THE ORGANISATION OF THE CITY.....15

| | |
|---|----|
| The organisation of the city | 16 |
| and representative offices of your country in Warsaw..... | 17 |



STUDY IN POLAND19

| | |
|---|----|
| on what terms?..... | 20 |
| getting started | 20 |
| always up to date (academic calendar)..... | 21 |
| count ECTS credits..... | 21 |
| when you return home after completing | 21 |
| your studies..... | 21 |
| how much does it cost to study?..... | 22 |
| speaking Polish gives you an edge | 22 |



LOOKING FOR AN APARTMENT23

| | |
|---|----|
| in a student's house | 24 |
| for rent..... | 24 |
| what's next? (registration requirement and legalisation of stay)..... | 24 |



I WANT TO WORK IN POLAND27

| | |
|--|----|
| but how do I do this? | 28 |
| how about something different (internships, apprenticeships, volunteering)..... | 29 |
| If you work, you pay taxes..... | 29 |
| If you pay taxes, you support Warsaw | 30 |



FINALLY, FREE TIME31

| | |
|--|----|
| How about a walk..... | 32 |
| to the Vistula..... | 32 |
| to a museum | 33 |
| following the path of Polish kings | 34 |
| following the path of Fryderyk..... | 35 |
| and Maria | 35 |
| There's always something to do..... | 36 |
| during the day..... | 37 |
| and in the evenings | 38 |
| The flavours of Warsaw | 39 |



BECOME PART OF41

| | |
|--|----|
| a students' union..... | 42 |
| a community of active foreigners (The Multicultural Center)..... | 42 |
| and co-decide (public consultations) | 42 |
| about Warsaw (participatory budget)..... | 43 |
| what is happening in your environment (local initiative)..... | 43 |
| where (Local Activity Centres)..... | 44 |
| with whom (NGOs)..... | 44 |
| and who you want to help (voluntary service) | 44 |



HEALTH45

| | |
|--------------|----|
| Health | 46 |
|--------------|----|



I FEEL SAFE, BECAUSE I KNOW47

| | |
|--|----|
| I'm in a safe city..... | 48 |
| the telephone numbers..... | 48 |
| who can help me..... | 49 |
| check my identity documents | 50 |
| places where you are not allowed to drink or smoke..... | 50 |
| reacting if you are a victim of assault in a public place..... | 51 |
| reacting if you are a witness | 52 |
| reacting if you see offensive language on the WALL..... | 52 |

ON THE FIRST DAY



ON THE FIRST DAY

Before departure, check the weather forecast. For example, if you are coming from a warm country in winter, you should bring a jacket.

Jannush, Malaysia

If you are looking for open-minded people, fascinating history, great fun and exceptional flavours, Warsaw is the place to go. Your stay here will be an unforgettable experience.

Beautiful Old Town and interactive museums? Wild river bank in the very heart of a metropolis? Cultural events? Captivating nightlife and restaurants with flavours from all over the world? Whatever your passions and interests, you'll find hundreds of great occasions for a perfect stay. Discover Warsaw with us!

First of all, you must know that Poles are nice people who always smile and treat foreigners kindly. Warsaw is a global city which never sleeps. You can easily find interesting activities and nice people here.

Hanan Osman, Syria

GO WHERE YOU WANT



www.ztm.waw.pl

The capital of Poland is the country's major academic centre. Every year, tens of thousands of students come here. Warsaw Public Transport is the best way to reach your university or student's house in a quick, economical and environmentally-friendly way. More than 300 bus lines, 25 tram lines, two metro lines and regular SKM trains ensure safe and smooth travel.

The buses, metro, SKM and 60% of trams are fully adapted to accommodate passengers with disabilities.

Use apps such as Google maps. Search for places and read opinions. This is important, as you will learn whether the place is expensive or not.

Hanan Osman, Syria

Use public transport and bike rental facilities – it is not only an excellent way of discovering the city, but also an opportunity to keep fit.

Emiliya, Ukraine



When traveling from place to place in Warsaw, you can use:

- **buses**

In Warsaw you have about 300 bus lines to choose from. These include regular, fast and express connections. Night lines are also available. Some lines go beyond Warsaw's borders. Regular line buses are marked with numbers **from 100 to 399**. They stop at all bus stops. In contrast, buses with numbers **from 400 to 599**, are fast buses which do not stop at certain bus stops. Buses marked with the letter "E" combined with a digit, such as E-4, are assigned to express lines, which allow you to quickly travel between more distant districts and the city centre. These buses stop only at selected bus stops. Buses of lines which go beyond Warsaw borders are numbered **from 700 to 899**, of which those **from 800 to 899** run only periodically. The selected and marked stops on their lines are border stops, which specify the borders of ticket zones. Night line buses are marked with the **letter "N"** and a number, such as N11. Buses marked with the **letter "L"** run in neighbouring municipalities, only in zone 2.

- **trams**

The capital of Poland has a well-developed tram line. The Tramwaje Warszawskie (Warsaw Trams) company currently manages 24 lines. They have numbers from **1 to 79** (**1 to 39** run on regular connections, those numbered **from 40 to 49** run at certain times of the day or week, and the rest are special or substitute lines). The trams stop at all designated stops along the way. In the event of a failure or scheduled work, tram traffic may be suspended. If this is the case, a substitute bus line marked with the **letter "Z"** or the **letter "Z" with a digit**, such as Z-2, is deployed.

- **the metro**

Two metro lines connect Śródmieście (Warsaw City Centre) with the following districts: Żoliborz, Bielany, Mokotów, Ursynów, Wola and Praga Północ. You can change lines at Świętokrzyska station. The underground rail is one of the most convenient and efficient means of transport in the capital. This is why Varsovians are especially fond of it. The metro runs approximately **from 5.00 a.m. to 1.00 a.m.** Fridays to Saturdays and Saturdays to Sundays the metro service is extended to 3.00 a.m. with a fixed service frequency of 15 minutes.

- **SKM**

Warsaw Fast City Rail (SKM) provides residents of the suburbs and the agglomeration's largest towns with efficient connections to the city centre. There are connections to Otwock, Sulejówek, Legionowo, Wieliszew and Chopin Airport. SKM trains are marked with the **letter "S" and a digit**.

- bicycles



www.veturilo.waw.pl

The capital's cycling network spans over 560 km, and is composed of 368 stations, 5,300 bikes, including 60 children's bikes, 45 tandems and 100 electric bikes.

In 2017, bikes were rented a total of 5,136,388 times, and since the system was launched in August 2012, they have been rented a whopping 13,055,944 times, while 610,000 users have registered in the system.

■ WHERE CAN YOU BUY TICKETS?

Ticket machines are installed in all SKM trains, in new trams and on many buses, including those assigned to the 175 line running to Chopin Airport.

Most **stationary ticket machines** in Warsaw are located near Metro stations, railway stops and transport interchanges. Displaying instructions in Polish, English, German and Russian, they allow payment in cash (and give change) or by credit card. Stationary ticket machines sell time tickets, single-fare transfer tickets and short-term tickets, as well as long-term tickets recorded on the Warsaw City Card, as well as the senior personal pass.

In-vehicle ticket machines can be found in most buses, low-floor trams and in all SKM trains. They display instructions in Polish, English, German and Russian. Vehicles with installed ticket machines are marked with a special pictogram, which also shows the available payment methods.

You can also purchase tickets for the Warsaw Public Transport on a mobile phone using **mobile apps** provided by the following companies: **moBilet**, **mPay**, **SkyCash** and **jakdojade.pl**. Using this method you can buy time tickets, single-fare transfer tickets, one-day tickets, 3-day tickets and weekend tickets. More details on the individual apps:

- moBilet: www.mobilet.pl
- mPay: www.mpay.pl
- SkyCash: www.skycash.com
- jakdojade.pl: www.jakdojade.pl

■ TICKET TYPES

Only tickets issued by the Public Transport Authority (ZTM) in Warsaw are valid for Warsaw Public Transport vehicles. They can be purchased in a sales network including designated points of sale, Passenger Service Points, post offices and ticket machines.



Single-fare, time and short-term tickets are sold as a small piece of paper with a magnetic strip. Long-term tickets are recorded on the Warsaw City Card which includes the full name and photo of the passenger.

We encourage you to use 30-day and 90-day tickets. They entitle you to an unlimited number of journeys on all day and night lines from the moment you validate the ticket until 11:59 p.m. on the thirtieth or ninetieth day of the ticket validity period. They are recorded only on the personalised **Warsaw City Card**.

However, if you use public transport occasionally, you can opt for other types of tickets, such as 20-minute time tickets, entitling you to an unlimited number of journeys within 20 minutes from the time of validation, or single-fare transfer tickets, entitling you to an unlimited number of journeys within 75 minutes from the time of validation, single-fare transfer tickets entitling to unlimited number of journeys within 90 minutes from the moment of validation, as well as one-day and 3-day tickets, weekend tickets, senior personal pass, 30- and 90-day Varsovian tickets, and 30- and 90-day personal tickets under the “Warszawa+” package.

■ HOW TO READ THE TIMETABLE

190 - linia zwykła
 przystanek: Metro Rataje Arsenał 1D - Ok. Górczewska

| Dziś: Poniedziałek | | Środa | |
|--------------------|-------|-------|-------|
| Nowy | | Nowy | |
| 4:00 | 4:10 | 4:00 | 4:10 |
| 5:00 | 5:10 | 5:00 | 5:10 |
| 6:00 | 6:10 | 6:00 | 6:10 |
| 7:00 | 7:10 | 7:00 | 7:10 |
| 8:00 | 8:10 | 8:00 | 8:10 |
| 9:00 | 9:10 | 9:00 | 9:10 |
| 10:00 | 10:10 | 10:00 | 10:10 |
| 11:00 | 11:10 | 11:00 | 11:10 |
| 12:00 | 12:10 | 12:00 | 12:10 |
| 13:00 | 13:10 | 13:00 | 13:10 |
| 14:00 | 14:10 | 14:00 | 14:10 |
| 15:00 | 15:10 | 15:00 | 15:10 |
| 16:00 | 16:10 | 16:00 | 16:10 |
| 17:00 | 17:10 | 17:00 | 17:10 |
| 18:00 | 18:10 | 18:00 | 18:10 |
| 19:00 | 19:10 | 19:00 | 19:10 |
| 20:00 | 20:10 | 20:00 | 20:10 |
| 21:00 | 21:10 | 21:00 | 21:10 |
| 22:00 | 22:10 | 22:00 | 22:10 |
| 23:00 | 23:10 | 23:00 | 23:10 |
| 0:00 | 0:10 | 0:00 | 0:10 |

From top to bottom:

- means of transport identification
- line number
- line type (*zwykła* – regular, *przyspieszona* – fast, *ekspresowa* – express, *nocna* – night, *strefowa uzupełniająca* – zone complementary, *zastępcza* – replacement)
- name of the stop and direction – information on the name of the last stop
- bus departure times on weekdays, Saturdays and holidays
- timetable valid from
- information on the journey being served by a low-floor vehicle

RULES IN FORCE IN WARSAW PUBLIC TRANSPORT VEHICLES:

- If you are travelling using public transport – **you must have a validated or activated ticket**. Validating machines are in the vehicles and in metro gates. The validating machine confirms ticket validation/activation with a green light and a short sound.
- Remember to let people go out from the vehicle first before boarding. Following this rule makes the exchange of passengers quick, convenient and efficient.

- The majority of Warsaw Public Transport vehicles are equipped with buttons **used by passengers to open doors**. Those who enter and exit the vehicle are expected to use the button to open the door by themselves.
- Some bus stops are **“on-demand”** stops. In order to board the bus at such a stop, signal your intent to the driver by raising your hand in a noticeable way (until you notice the driver using the turn signal). If you want to get off the bus, notify the driver by pressing the “stop” or “na żądanie” (on-demand) button early enough so he/she can safely stop at the bus stop.
- Warsaw Public Transport vehicles have **special seats (marked with a symbol)** for people with a child and pregnant women, passengers with disabilities, people in wheelchairs and strollers. They have priority in taking these seats.
- In Warsaw Public Transport vehicles you can **carry luggage, animals and bicycles free of charge**. They must not, however, cause any nuisance to other passengers. Small pets should be transported in special cages and dogs should be muzzled and on a leash.
- It is **forbidden to smoke, use e-cigarettes, consume alcoholic beverages** and any other beverages and food that may stain other passengers’ clothing, the vehicle or infrastructure in Warsaw Public Transport vehicles, at stops and underground stations.

■ ASK FOR THE YOUNG VARSOVIAN CARD



www.karta.um.warszawa.pl

The Young Varsovian Card entitles you to discounts, and can be recorded on a personal contactless card, such as your electronic student card or a city card.

The Young Varsovian Card = carrier + electronically uploaded e-hologram

The card entitles you to discounts available in the catalogue of partners’ offerings related to culture, education, sports, health, etc. With the card, you pay less for public transport, swimming pool entrance tickets and activities in sports clubs, theatre performances and language courses. The list of places in which the cards are accepted is constantly growing. Regularly check the offerings of the City of Warsaw’s partners.



www.karta.um.warszawa.pl/katalog

The Young Varsovian Card is available, among others, to students up to the age of 26 who live in Warsaw and have paid their personal income tax (PIT) for the previous year here. More details on the ZTM website:



www.ztm.waw.pl/kartawarszawiaka

You can obtain the Young Varsovian Card free of charge by uploading an e-hologram onto a carrier accepted by the Public Transport Authority (ZTM), for example an electronic student card. You can do this at any ZTM Passenger Service Centre (POP ZTM) at subway stations or at the Residents Service Offices of the district offices (WOM). The documents you will need:

- a completed and signed application,
- documents confirming that personal income tax has been settled in Warsaw,
- an identity document,
- personalised carrier accepted by ZTM (if you do not have one, take your current photo).

After completing your education or becoming 26 years old, you can replace your Young Varsovian Card with a Varsovian Card.

■ VETURILO



www.veturilo.waw.pl

Veturilo is a public city bike system launched in 2012. It is one of the largest in Europe, with **more than 350 stations and 5,100 bikes**. Providing the most eco-friendly way of moving around the city, it is a good complement to public transport in Warsaw. In addition to standard bikes, the system features children's bikes and tandems. You can also rent electric bikes at the stations. The city bike season in Warsaw lasts from early March until late November.

CALL

The international dialling code for Poland is +48.

In Poland you can opt for a telephone subscription or a prepaid card.

If you are staying in Poland based on a visa, you can only use a prepaid card. Starter kits are available in operators' offices, shops and kiosks. The card must be registered in your name. When you buy it, you need a document to prove your identity. The operator will indicate the periods when the card should be topped up (e.g. monthly or every 3 months).

If you have a temporary residence card, you can conclude a subscription contract with an operator (for a period not longer than the validity of the card).

When choosing an operator, it is advisable to take into account the details of the package, such as charges for calls within the same network and data limit (if you already have friends / other relatives here, ask which network they are using).

Remember that roaming charges in the European Union have been abolished, but it is necessary to check the details with your operator – for example about the data transfer you are entitled to in Poland.

ASK

Learn more phrases in Polish than just “dzień dobry” and “do widzenia”. Learn to ask about things you would like to order at a café and how to say “przepraszam” and “proszę”.

Emily, The United Kingdom

Don't be ashamed to ask twice. Warsaw is a multicultural city. You will always find a person willing to help you.

Emiliya, Ukraine

| Meaning | Expression | Pronunciation |
|------------------------|----------------|-----------------------------------|
| Warsaw | Warszawa | var- sha -va |
| Vistula | Wisła | vee-suah |
| Mermaid | Syrenka | sy- ren -kha |
| Capital | Stolica | sto- lee -tsa |
| Good morning | Dzień dobry | jen do -bri |
| Good evening | Dobry wieczór | do -bri vyeh -choor |
| Goodbye | Do widzenia | do vee- dje -nyach |
| Good night | Dobranoc | do- bra -notes |
| Thank you | Dziękuję | jen- koo -yeh |
| I am sorry / Excuse me | Przepraszam | pshe- pra -sham |
| Please / Here you are | Proszę | pro -sheh |
| Enjoy your meal | Smacznego | sma- chne -go |
| Cheers! | Na zdrowie | nah zdrov -yeh |
| Yes | Tak | tahk |
| No | Nie | nyeh |
| Restaurant | Restauracja | Re-stau- rats -yah |
| Shop | Sklep | sclep |
| Pharmacy | Apteka | ahp- teh -ka |
| Exchange office | Kantor | kahn -tore |
| Hospital | Szpital | shpee -tahl |
| Ambulance | Pogotowie | po-go- to -vyeh |
| Post office | Poczta | potch -ta |
| Airport | Lotnisko | lot- nees -coh |
| Hotel | Hotel | hotel |
| Taxi | Taksówka | ta- ksoo -vka |
| Postcard | Pocztówka | po- chtoo -vka |
| How are you? | Jak się masz? | yahk syeh mash |
| It's nice to meet you | Miło mi | mee -wo mee |
| Have a nice day! | Miłego dnia! | mee- wye -go dnyah |
| See you! | Do zobaczenia! | do zo-bah- che -hnyah |
| Good luck! | Powodzenia! | po-vo- jen -yah |



| | | |
|----------------------------------|-----------------------------|---|
| Enjoy! | Baw się dobrze! | bav sye do -bche |
| Where is ... street? | Gdzie jest ulica ...? | Gdzheh yest u-lee-tсах ...? |
| Where is the hotel ...? | Gdzie jest hotel ...? | Gdzheh yest hotel ...? |
| How can I get there? | Jak tam dojadę? | Yak tam do- ya -deh? |
| Where is the taxi rank? | Gdzie jest postój taksówek? | Gdzheh yest po -stooy ta- ksoo -vek? |
| Where is the railway station? | Gdzie jest stacja kolejowa? | Gdzheh yest sta -cyah ko-le-yo-vah? |
| Where is the bus stop? | Gdzie jest przystanek | Gdzheh yest pshy- sta- |
| | autobusowy? | -neck au-to-boo- so -vy? |
| Where is the information office? | Gdzie jest informacja? | Gdzheh yest in-for-ma- -cyah? |
| I'm lost. | Zgubiłem się. | Zgoo- bee -wehm syeh |
| Where is it? | Gdzie to jest? | Gdzheh to yest? |
| I'm looking for... | Szukam... | Shoe -cahm ... |

EXCHANGE CASH

The currency used in Poland is Polish zloty (PLN), 1 PLN = 100 grosz. Check the current exchange rate on the website of the National Bank of Poland www.nbp.pl. You can exchange currencies at exchange offices or banks, as well as using internet exchange platforms.

Find an exchange office away from the airport to avoid additional fees.
Jannush, Malaysia

GO SHOPPING

Choose shops that offer low prices and convenient opening hours. You can buy seasonal fruit and vegetables at bazaars and markets. In Warsaw there are about 68 marketplaces and day markets and 300 shopping spots. The largest marketplaces include: the market under Hala Mirowska, the Szembeka market and the market next to Hala Banacha. Smaller markets can also be found in every district.

On 1 March 2018, a Sunday trade ban was introduced in Poland and will be extended gradually until 2020. However, a few exceptions are provided for – trade is allowed:

- on the two Sundays immediately preceding Christmas;
- on the Sunday immediately preceding Easter, i.e. Palm Sunday;
- on the last Sunday of January, April, June and August, unless there is a public holiday, which may happen in April, in the case of Easter, and in May, due to Pentecost.

In 2018, trade will be also allowed on the first and last Sunday of each month (unless there is a public holiday). This gives a total of 29 Sundays.

In 2019, trade will be allowed on the last Sunday of each month (unless there is a public holiday).

DRINK TAP WATER IN WARSAW

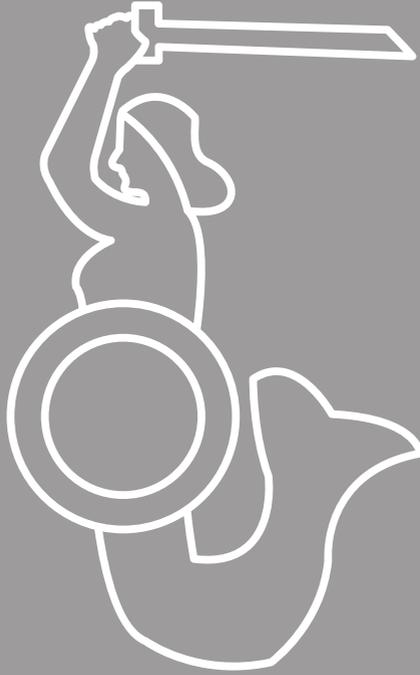
You can drink water, supplied by Warsaw's waterworks to all buildings in Warsaw, directly from the tap. However, use only cold water for consumption. Use warm water for household purposes – washing, cleaning, etc. After turning on the water, wait approx. 30 seconds before drinking water flows.

REMEMBER (PUBLIC HOLIDAYS)

1 January – New Year
6 January – Epiphany (Twelfth Night)
March/April – Easter and Easter Monday – a moveable feast
1 May – Labour Day
3 May – May 3rd Constitution Day
May – Pentecost – a moveable feast
May/June – Corpus Christi – a moveable feast, always on a Thursday
15 August – Assumption of Mary
1 November – All Saints' Day
11 November – Independence Day
25 and 26 December – Christmas

During public and religious holidays, shopping centres, supermarkets, shops and government offices are closed.

THE ORGANISATION OF THE CITY



THE ORGANISATION OF THE CITY



www.um.warszawa.pl
www.warszawa19115.pl



tel. +48 22 19115
(charged according to the caller's tariff)

Warsaw is managed by the Mayor and the Warsaw City Council. This is where the most important decisions about expenditures and the direction of the city's development are made. Local issues concerning residents are managed by the authorities of the 18 districts led by district mayors.

If you want to settle a matter in a district office (e.g. register, exchange or obtain a driving licence), remember that Resident Services Divisions are open from Tuesday to Friday, 8.00 a.m. to 4.00 p.m. and on Mondays from 8.00 a.m. to 6.00 p.m.

City of Warsaw runs the Warsaw 19115 City Contact Centre website. It is at your disposal 24/7. You can:

- Obtain full information on services provided by the City and its units (information),
- Report a problem the City services should handle (intervention),
- Share your idea to improve our city (initiative/free application),
- Constantly monitor a status of your issue (status of application).

You can use:



The Warsaw 19115 free mobile application **Warszawa 19115**
The web self-service Portal www.warszawa19115.pl



The phone number **19115**



kontakt@um.warszawa.pl

Attention! You should report issues involving a direct threat to life or health to the phone number 112.

■ WARSAW BY NUMBERS

In recent years, many changes have taken place in Warsaw, making the capital of Poland a Central European leader rated highly in various rankings. For more information about the 20 measures for Warsaw go to:



www.samizobaczcie.pl

| | |
|--|----------------------------------|
| Area: | 517.2 km ² |
| Population: | 1,758,100 |
| Number of universities: | 70 |
| Number of students: (including 16,000 foreigners) | 260,000 |
| Number of public libraries: | 201 |
| Cinemas: | 31 |
| Greenery (forests, parks, squares, lawns, vegetation along the streets, etc.) | 40% |
| Number of parks: | 79 |
| Forests: | 14% of the city's area: 7,258 ha |
| Outdoor gyms: | 110 |

AND REPRESENTATIVE OFFICES OF YOUR COUNTRY IN WARSAW

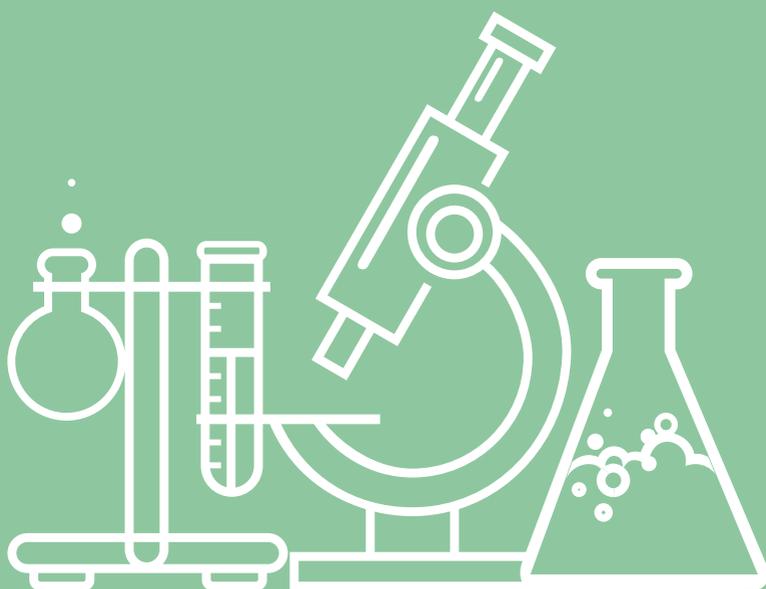


www.msz.gov.pl/pl/ministerstwo/protokol_dyplomatyczny/misje_dyplomatyczne_i_urzedy_konsularne_w_polsce/przedstawicielstwa_dyplomatyczne

While abroad, you can count on the support of your country's diplomatic mission. You can, for example, apply for a passport if it expires. You don't have to return to your home country. If you lose a valid passport, you will receive a temporary document from the consulate. You can remain an active and informed citizen of your country and cast votes in elections through diplomatic missions. Many embassies and consulates also feature cultural and educational centres, which organise celebrations of national and religious holidays and carry out other interesting activities. If you are staying in Warsaw for a longer period of time, you can register with the consulate as a person permanently living in Poland. Remember that even if you are in Poland, you have obligations towards the country of which you are a national (e.g. some countries require you to provide information about holding a residence card in another country or filing tax returns). Check if you know the rules that apply to you.



STUDY IN POLAND



ON WHAT TERMS?

Higher education institutions offer full-time programmes (at least half of the curriculum is provided in the form of educational courses requiring direct participation of academic teachers and students) and part-time programmes. The Polish higher education system is based on a three-stage structure of studies:

■ FIRST-CYCLE STUDIES

First-cycle studies (usually lasting 3 or 4 years) are intended for candidates with a secondary-school leaving certificate. The studies end with a first-cycle qualification, i.e. a licencjat (bachelor), inżynier (engineer) or equivalent degree in a specific field of study and educational profile confirmed by an appropriate diploma. This diploma makes it possible to continue education in second-cycle studies. This is the Polish equivalent of the “bachelor” title.

■ SECOND-CYCLE STUDIES

Second-cycle studies (1.5 to 2 years) end with receiving the professional title of magister (master), magister inżynier (master engineer) or equivalent, in a specific field of study and educational profile. Holders of the master’s degree may take up doctoral studies (third-cycle studies).

■ LONG-CYCLE PROGRAMMES

This is a master’s degree programme (from 4.5 to 6 years) which allows students to obtain a master’s or equivalent degree depending on the course profile. Long-cycle programmes last from nine to twelve semesters. They are based on an integrated programme comprising both a basic course and an in-depth specialisation. Completing this programme provides qualifications equivalent to a master’s degree under second-cycle studies. Long-cycle programmes are offered for only selected fields of study.

■ THIRD-CYCLE STUDIES

Completing third-cycle studies (usually from 3 to 4 years) is equal to obtaining a doctoral degree in a specific field of science in a specific discipline or a doctor of arts in a specific field of art in an artistic discipline. A person with the master’s or equivalent degree may be admitted to doctoral studies.

GETTING STARTED

If you are applying for admission to university studies, you must have a secondary-school leaving certificate and meet the recruitment conditions set by the university. On the other hand, if you are applying for second-cycle studies, you must have a master’s degree, a bachelor’s degree or equivalent

and meet the conditions set by the senate of the university. The university may organise additional entrance exams only if it is necessary to check artistic talents, physical fitness or specific predispositions of candidates to take up studies in a given field of study, which are not checked as part of the matriculation examination procedure, or if the person applying for admission to university studies has a secondary-school leaving certificate obtained abroad. These exams may not concern subjects covered by the matriculation examination.

ALWAYS UP TO DATE (ACADEMIC CALENDAR)

The academic year in Poland consists of two semesters: the 'winter' (zimowy) and 'summer' (letni) semester. The exact duration and organisation of the academic year, including the dates of commencement and completion of courses, will be specified in the university's study regulations. The calendar of your university can be found on its website. The winter semester usually starts in October and ends in mid-February, with a break of about ten days for winter holidays. The exam session usually lasts two or three weeks, starting in January. The summer semester begins in mid-February and ends in June, with a one-week break for spring holidays. The exam session takes place in June and lasts two to three weeks. Summer holidays last three months, from the beginning of July to the end of September, but only for those students who have passed all the exams in the summer exam session. Those who fail to pass their exams must take them again during the re-sit session in September.

COUNT ECTS CREDITS

The European Credit Transfer System (ECTS) has been adopted by all universities in the European Higher Education Area (EHEA). ECTS credits enable other universities to recognise semesters completed by foreign students in Poland. Under the European Credit Transfer System (ECTS), a specific number of credits is allocated to individual subjects, irrespective of the grade obtained. To complete a year, you must earn 60 points (30 per semester). In order to obtain a first-cycle diploma, you must obtain at least 180 ECTS credits, a second-cycle one – at least 90 ECTS credits, a long-cycle programme – at least 300 ECTS credits in the case of five-year studies, or 360 ECTS credits for six-year studies.

WHEN YOU RETURN HOME AFTER COMPLETING YOUR STUDIES



www.enic-naric.net

Countries with which Poland has entered into agreements on the mutual recognition of education recognise Polish certificates, diplomas and degrees in accordance with the provisions of these agreements. In other countries, Pol-



ish education-related documents are recognised in accordance with the regulations in force in a given country on the recognition of education obtained abroad. Information on the recognition of Polish degrees can be obtained from the ENIC/NARIC centre or from your country's Ministry of Education.

HOW MUCH DOES IT COST TO STUDY?

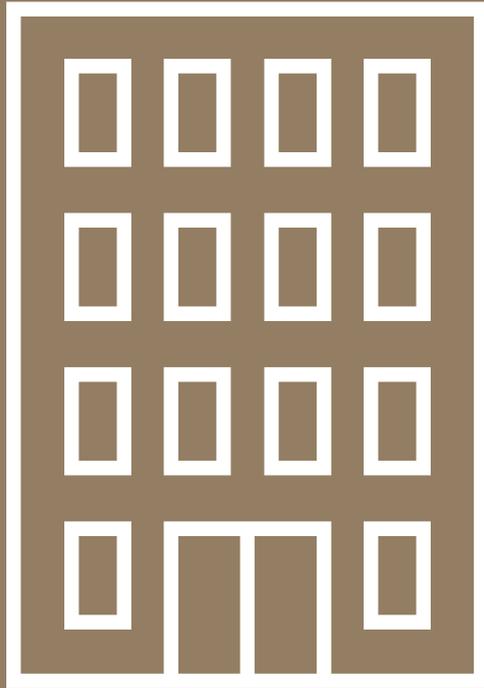
Full-time studies in Polish at public higher-education institutions are free for Polish and foreign students who start their studies in Poland under the conditions applicable to Polish citizens. This group includes EU/EEA citizens and holders of the Pole's Card.

If you are undertaking studies or training at public universities on a fee basis, or if you are undertaking studies in a foreign language, you must pay a fee. Its amount is determined by the university and may vary, depending, for example, on your field of study. The specific rates and detailed studying conditions are specified in framework agreements concluded by the institutions or in an individual agreement between you and the university.

SPEAKING POLISH GIVES YOU AN EDGE

Do not hesitate to improve your command of Polish. Good language skills will make your everyday life and study easier, and will make you more competitive on the Polish labour market. It is best to check if your university offers such courses. They can be tailored to your needs than courses organised elsewhere. You can find courses in language schools (browse their offers – there may be discounts or offers for students) and non-governmental organisations. Some organisations dealing with support for foreigners run free Polish language courses. Usually such courses are booked or recruitment is carried out. It is also worth taking free Polish courses at the Warsaw Multicultural Center. At the Center you can find a partner for tandem language learning and have individual lessons of Polish in exchange for teaching your language.

LOOKING FOR AN APARTMENT



IN A STUDENT'S HOUSE

The most pressing issue that you need to take care of when you arrive in Warsaw is to find a flat or room. For students, the best solution in financial terms is to get a place in a student's house (hall of residence). Find out as soon as possible if your university has a student's house and how you can apply for a place. Remember that the standard of student's houses can vary greatly, even in the case of student's houses of the same university, so it is a good idea to do your research before making a final decision.

FOR RENT

If you do not get a place in the student's house, or you are not interested in this form of accommodation, you can rent a room or an entire flat. Renting a room is a common practice in Poland. Many students rent whole flats together. Rental costs vary depending on the location of the flat as well as its size and standard. It is worth starting your search for a flat by regularly visiting advertisement portals dedicated to real property. It is also worth renewing your efforts to find a student's house, for example, one month after the beginning of the year, as some students give up their rooms, freeing up places. You can also use the services of a real estate agency. This allows you to find a flat suitable for your needs and save time otherwise spent on searching for offers. Rental prices in Warsaw can vary greatly depending on the location, surrounding infrastructure, condition of the flat and available equipment. This is why it is important to examine all the apartments that you find interesting and write down important questions to the landlord so that you do not forget to ask them. Remember that renting a flat involves paying a deposit, usually in the amount of one month's rent, and you should take this into account when planning your first expenses.

WHAT'S NEXT? (REGISTRATION REQUIREMENT AND LEGALISATION OF STAY)

Are you planning a stay in Poland which will last longer than 30 days, but you know that you will return to the country of your permanent residence? Register for temporary residence for the duration of your stay in Poland.

■ WHEN TO REGISTER?

1. At the latest on the 30th day after your arrival to your place of residence in Poland – if you are:
 - a national of a European Union (EU) Member State or a family member of such a foreigner;
 - a national of a European Free Trade Agreement (EFTA) Member State – a party to the Agreement on the European Economic Area, or a family member of such a foreigner;
 - a national of the Swiss Confederation or a family member of such a foreigner.

2. At the latest on the 4th day after your arrival to your place of residence in Poland – if you don't belong to any of the groups specified above.

How do I do this?

1. Download, print and complete the form: "Zgłoszenie pobytu czasowego" (Temporary residence registration form).



warszawa19115.pl/-/zameldowanie-na-pobyt-czasowy-cudzoziemcow-oraz-obywateli-panstw-czlonkowskich-unii-europejskiej-i-czlonkow-ich-rodzin

2. Remember about:
 - a. your ID document (described in the required documents, points 2–4).
 - b. document confirming the legal title to the flat – for inspection (original).
3. Go to a Delegation of the Administration & Civil Affairs Department in any district of the City of Warsaw, and register your temporary residence.

You will receive a temporary residence certificate upon request.

WHERE TO REPORT TEMPORARY OR PERMANENT RESIDENCE?

Report the registration with the office of the district in which you will live. If you do not speak Polish, bring a person who will help you with the translation.

NOTE:

- Remember that the obligation to register your stay is not the same as the registration requirement in Poland.
- In order to register, the owner of the flat is not required, it is enough to have the original document confirming the legal title to the apartment, such as, for example, a lease agreement.

REGULARISATION OF STAY

You can regularise your long-term stay in Poland in two ways:

- Obtain a visa on the basis of a document from the university confirming your entry in the list of students and a student card. Such a visa will be valid for up to one year. If necessary, a student visa can be obtained without queuing – verify it in the consular departments of the Republic of Poland.
- Apply for temporary residence on the basis of a certificate of enrolment/continuation of studies, proof of tuition fees, if the studies are paid, health insurance and proof of sufficient means of subsistence and for



a return journey. Temporary residence permits are granted by the province governor. The documents should be submitted to the Mazowieckie Province Governor Office. Its website features all the detailed information on this subject.



mazowieckie.pl/pl/dla-klienta/cudzoziemcy/wsc/36543,MENU-Wydzialu-Spraw-Cudzoziemcow.html

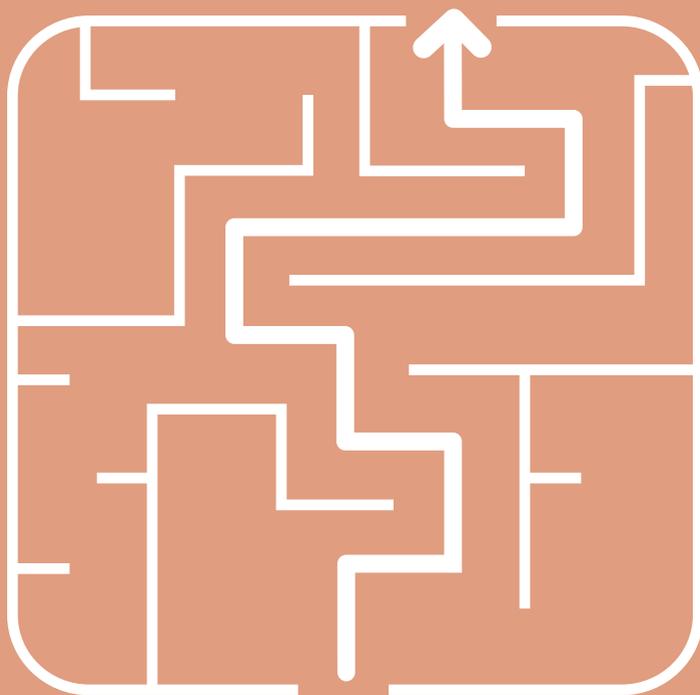
The website is available in English, Russian and Ukrainian.

You should also remember that due to the increase in the number of foreigners applying for a residence permit in Warsaw, the waiting time for a residence card may be very long. Take this into account when choosing the method of regularisation and conscientiously prepare a complete set of documents.

In the Warsaw Multicultural Center, at 54 Jagiellońska Street, there is a Reception Point for Applications for regularisation (i.e. temporary residence permits, permanent residence permits and permits for a long-term EU resident). To file an application for legalising your stay, book a visit by phone calling at 22 325 89 00, from Monday to Friday between 9:00–12:00. The point does not accept invitation applications and does not register EU residents. Applications in these matters should be submitted to the Mazowieckie Province Governor Office at 3/5 Marszałkowska Street.



I WANT TO WORK IN POLAND



BUT HOW DO I DO THIS?



www.pip.gov.pl/en

If you have any questions about starting / developing a business in Warsaw, want to take advantage of the opportunity to run a business in the Centre of Entrepreneurship Smolna or the Centre of Creativity Targowa, or are interested in the City's entrepreneurial activities, please contact the Centre of Entrepreneurship Smolna, City of Warsaw.



firma.um.warszawa.pl

Full-time students do not need a work permit. Remember, however, that losing the status of a full-time student makes it impossible to continue working without a permit.

Internships and student holiday work programmes do not require a permit either.

The laws on employing foreigners in Poland are changing dynamically. For up-to-date information, go to the website of the National Labour Inspectorate (PIP).



www.pip.gov.pl/en

Be careful when looking for a job, do not pay intermediaries for offering jobs. It is against the law to charge fees for job matching services.

The rights of all employees, regardless of their nationality, are protected in Poland. If your employer does not pay you remuneration, or the working conditions or form of employment are inappropriate, you can contact the National Labour Inspectorate. It has a website in English [<https://www.pip.gov.pl/en>], and a special helpline in Ukrainian (tel. +48 221 113 529, Mon–Wed 4 p.m.–8 p.m.). You can also seek assistance in difficult work situations from non-governmental organisations dedicated to foreigners and trade unions. Look for a suitable one for yourself (in Poland there is already the Trade Union of Ukrainians).

Be careful if you are looking for a holiday job abroad, including in Poland. Bear in mind the risk of becoming a victim of human trafficking and forced labour. Carefully check your employer's information, make copies of your documents, let your nearest and dearest know where you are going and what kind of work you are taking up. La Strada – Foundation against Trafficking in Persons and Slavery runs a helpline related to such risks: +48 22 628 99 99. Help and advice is available in Polish, English, Russian and Ukrainian.

HOW ABOUT SOMETHING DIFFERENT (INTERNSHIPS, APPRENTICESHIPS, VOLUNTEERING)



[www.wolontariat.org.pl/Strefa wiedzy/wolontariat międzynarodowy](http://www.wolontariat.org.pl/Strefa_wiedzy/wolontariat_międzynarodowy)
www.ochotnicy.waw.pl

Most universities have career offices where you can get information about job offers, internships and apprenticeships. Try to obtain information about job opportunities during your studies in Poland.

You can also gain work experience in organisations as a volunteer. Voluntary work experience tells the employer that you are a responsible and committed person. The tasks envisaged for volunteers often require good self-organisation, language skills or resistance to stress, making volunteering an activity which is valued highly by employers.

IF YOU WORK, YOU PAY TAXES



www.migrant.info.pl

Every person who earns income in Poland, for example receives remuneration on the basis of an employment contract or a civil-law contract, pays personal income tax. A person who resides in Poland is a person who has their “focus of personal and economic interests” here (e.g. lives, works in Poland) or stays in Poland more than 183 days in a year. Such a person is called a tax resident. If you do not reside in Poland, you will pay tax in Poland only on income earned in Poland.

Taxpayers must fill in their tax return on special documents called PIT tax return forms (which take their name from the Personal Income Tax). PIT tax return forms are available in every tax office and on internet websites offering income tax settlement.

Note: in Poland there are many types of PIT tax return forms – the one you will need for settlement depends on a number of factors. Before you fill in the PIT tax return form, make sure which of the many PIT documents applies to your specific situation. To do so, it is best to contact the tax office www.finanse.mf.gov.pl/en/pit1/basic-information. You can also seek assistance in organisations that support foreigners – many of them help to settle tax returns.

You must submit a completed and signed PIT tax return form (an unsigned form is treated as failure to submit the form) to the Tax Office competent for your place of residence or send it electronically by the end of April each year. You must also pay the tax (if the tax was calculated to be paid in the PIT tax return form) by this date.



Failure to submit your PIT tax return form, or doing it incorrectly, as well as failure to submit it on time will result in a financial penalty and negative consequences when regularising your stay in the future (e.g. receiving a residence card). If you have made a mistake in settling your tax, report to the Tax Office to make corrections.

IF YOU PAY TAXES, YOU SUPPORT WARSAW

Remember that by paying taxes in Warsaw, you support public transport and cycling paths you use, the activities of cultural institutions and many other essential areas of life of Warsaw residents, who now include you too.



FINALLY, FREE TIME



HOW ABOUT A WALK...



www.warsawtour.pl
www.youtube.com/user/WarszawaEN



Warsaw



[fall_in_love_with_warsaw](https://www.instagram.com/fall_in_love_with_warsaw)



[ewarsaw](https://twitter.com/ewarsaw)

Discover major attractions in Warsaw: royal residences, places connected with the eminent composer Fryderyk Chopin, the Vistula River and our museums. Enjoy Warsaw's flavours, get to know the local art of cooking; join Varsovians to discover the city, relax and have fun together. You will simply never get bored in Warsaw!

If you feel lonely, stop! Go out and discover Warsaw. You will find many places with no entrance fees, where you can meet great people.

Emiliya, Ukraine

TO THE VISTULA

Spacious boulevards, numerous restaurants and cafés, well-groomed beaches, green areas, sports clubs and an extensive sailing package – a great deal of attractions await you on the Vistula.

Go for a walk along the Vistula Boulevards on the left bank of the river. It is a friendly space for everyone – also for cyclists. There, you will find viewing terraces, a mini beach, and pavilions housing food establishments with flavours from all over the world. Using river harbours, you can embark on a boat trip and admire the panorama of the city from a completely different perspective.

In the summer season, go to the Multimedia Fountain Park near the Old Town, to admire an afternoon water show, and, on Friday and Saturday evenings, enjoy the “Water, Light and Sound” show. If active recreation is what you seek, go to one of Warsaw's beaches, for example Poniatówka, where you can play volleyball, among other things. After the sunset, some beaches and ports become vibrant concert and dancing centres.

Along the right bank of the Vistula River there is an environmental trail, which you can take by the Veturilo city bike. Along the way you will see many species of birds and animals, as well as relax on one of the wild beaches overlooking the urban skyline and the Old Town.

TO A MUSEUM

Warsaw museums are perfect for people with various interests. Play and learn inside, get to know the culture and history of Warsaw and Poland; learn something about the world and yourself!

■ WARSAW RISING MUSEUM

In the Warsaw Rising Museum you will feel the emotions experienced by Warsaw citizens who defended their city during World War 2. You will listen to the insurgents' stories about their everyday lives in the occupied city and you will see a replica of the American Liberator bomber, who dropped supplies for the fighting city near the end of the war. When watching the City of Ruins animation, you will experience the atmosphere of the capital destroyed in 1944.

■ POLIN MUSEUM OF THE HISTORY OF POLISH JEWS

One hundred years ago Warsaw was one of the largest centres of Jewish culture in Europe. At POLIN Museum of the History of Polish Jews you will learn the history of the Jewish community which has lived in Poland for a thousand years. The architecture of the main hall itself, with its shape resembling a ravine symbolising the passage of the Jews through the Red Sea on their way to the Promised Land, is very impressive. In addition to an interactive exhibition that will take you on a journey through the centuries past, take a look at the reconstructed vault of a 17th-century synagogue in Gwoździec, considered a unique example of Jewish religious architecture.

■ NATIONAL MUSEUM

If you are an art enthusiast, visit the National Museum. It houses a collection of over 830,000 exhibits from all ages, from ancient times to the present day. Visit the room which displays the grand "The Battle of Grunwald" by Jan Matejko and the famous portrait by Aleksander Gierymski entitled "Jewess with Oranges". The museum also has Europe's largest collection of Nubian art and items of culture. If design is one of your interests, visit the Gallery of Polish Design which presents the most interesting works by Polish designers from various times and circles.

■ COPERNICUS SCIENCE CENTRE

Are you passionate about science? Visit the Copernicus Science Centre - a creative space where you can conduct your own scientific experiments, concoct chemical mixtures or watch a performance at the High Voltage Theatre. In the planetarium you will travel along the Milky Way and learn about life on other planets.

■ PRAGA MUSEUM

Do you want to see the most authentic part of the city? Go to Stara Praga. You will learn more about its history in the Praga Museum. You will listen to interviews with the oldest residents of the district, see a model of the 18th-century Praga and an exhibition related to the commercial traditions of this part of Warsaw.

■ NEON MUSEUM

In Praga you will also learn about the phenomenon of illuminated advertisements which decorated Polish streets during the times of communist rule. Designed by Polish artists in the 1960s and 1970s, today they are presented in the Neon Museum, unique on the European scale.

■ PALACE OF CULTURE AND SCIENCE

Do you want to see a stunning panorama of Warsaw? Visit the viewing terrace on the 30th floor of the Palace of Culture and Science, erected in the Socialist realism style. It is the tallest building in Poland and a contemporary icon of the city. It houses not only museums, but also a cinema, theatres and popular eateries.

FOLLOWING THE PATH OF POLISH KINGS



For centuries Warsaw has been the seat of Polish rulers. You are reminded about this by the impressive residences along the Royal Route, especially the Royal Castle, the Royal Łazienki and Wilanów Palace. Begin your journey exploring Royal Warsaw from the Old Town, which is a real gem of the capital.

The Old Town, a UNESCO World Cultural Heritage Site, is a captivating place with its colourful historic townhouses, narrow streets and history. You should pay special attention to the Old Town Market Square with the statue of the Mermaid and the Museum of Warsaw, the Renaissance Warsaw Barbican, the 14th-century Archcathedral, which is the place where the rulers of Poland married and were crowned, and the Baroque-Classical Royal Castle, the seat of Polish rulers from the 16th century. In the castle you will have a chance to see many valuable exhibits, including royal insignia, royal thrones and paintings by illustrious painters, such as Rembrandt, Canaletto and Matejko. The column commemorating King Sigismund III Vasa, which is the oldest secular monument in Warsaw, towers over Castle Square. Walk along the streets of New Town and go to the Baroque St. Hyacinth's Church, one of the most beautiful temples in Warsaw. Don't forget to visit the biographical Maria Skłodowska-Curie Museum, in which you will find family memorabilia of this Polish Nobel Prize winner in physics and chemistry.

Further exploring Warsaw, enter the Palace on the Isle, which is located in the Royal Łazienki park. It was home to the last king of Poland, Stanisław Au-

gust Poniatowski, who gathered a fascinating collection of paintings inside. It was the place of the famous Thursday dinners, to which the ruler invited poets, scholars and artists.

Other attractions of the Łazienki which are worth seeing include an orangery, the Amphitheatre on the water and the Chinese Garden.

Another royal residence is the Wilanów Palace, where King Jan III Sobieski spent time with his beloved wife Marysieńka. This Baroque palace-garden complex is known as the “Polish Versailles”. The palace is a museum of interiors from the 17th, 18th and 19th centuries with a Gallery of the Polish Portrait. The gardens around the palace feature some of Varsovians’ favourite places to stroll, run or have a picnic on the grass.

FOLLOWING THE PATH OF FRYDERYK

Fryderyk Chopin was a piano virtuoso and an internationally renowned Varsovian. If he lived today, he would have millions of fans on social media.

Walking along the streets of Warsaw, you will discover many places in which the famous pianist lived, composed and performed 200 years ago: the Kazimierz Palace located in the campus of the University of Warsaw and the Czapski Palace, which currently houses the Academy of Fine Arts, as well as the Res Sacra Miser Church, in which young Fryderyk would give concerts. Go inside the Church of the Holy Cross, which houses the heart of the composer, brought from Paris after his death.

If you love classical music, visit the multimedia Fryderyk Chopin Museum. Once inside, you will find manuscripts of letters and compositions, as well as the piano which the composer used in the last two years of his life.

From May to September, every Sunday at the composer’s monument in the Łazienki Park, you can listen to concerts of Chopin’s music, free of charge.

AND MARIA

Maria Skłodowska-Curie was an eminent scientist, discoverer of the polonium and radium radioactive elements, the first woman to receive the Nobel Prize, as many as two times and... in two different fields, and the first woman with the title of a professor of the Sorbonne. She is also the only person born outside France to have been interred in the Panthéon in Paris.

You can read about her pioneering achievements in official biographic articles. However, if you are a curious person, there is no better place to get to know this extraordinary woman than her hometown of Warsaw. Here, you can find out how Maria came to her calling and learn about her childhood and family.



We would like to encourage you to learn about Maria in Warsaw – the city of her youth.

THERE'S ALWAYS SOMETHING TO DO

In Warsaw you will find a rich calendar of musical, cultural and sporting events. Here, festivals, concerts by stars and outdoor events take place all year round. You can also participate in events organised by various communities which live in Warsaw – you will find information about these in discussion groups for expatriates in Warsaw on Facebook or at the Warsaw Multicultural Center



centrumwielokulturowe.waw.pl

■ SPRING

- Ludwig van Beethoven Easter Festival (March), www.beethoven.org.pl
- Orlen Warsaw Marathon (April), www.ornlenmarathon.pl
- Juwenalia – concerts organised by universities (May), www.juwenalia.waw.pl
- Warsaw Challenge – the biggest breakdance event in Poland (May), www.warsawchallenge.com
- Night of Museums (May), www.um.warszawa.pl
- Constitution of 3 May Run (May), aktywnawarszawa.waw.pl
- Chopin Concerts in the Royal Łazienki (May – September), www.lazienki-krolewskie.pl
- Multimedia Fountain Park – free laser shows (May – September), www.estrada.com.pl
- Orange Warsaw Festival (June), www.orangewarsawfestival.pl
- Jewish Motifs International Film Festival (May), www.jewishmotifs.org.pl
- Warsaw Theatre Meetings (May), www.warszawskie.org

SUMMER

- Garlands on the Vistula (June), www.estrada.com.pl
- International Street Art Festival (June), www.sztukaulicy.pl
- Mozart Festival (June – July), www.operakameralna.pl
- Film Summer Capital (June – September), www.filmowastolica.pl
- Warsaw Summer Jazz Days (July), www.warsawsummerjazzdays.pl
- International Open-Air Jazz Festival at the Old Town (July – August), www.jazznastarowce.pl
- Warsaw Uprising Run (July – August), aktywnawarszawa.waw.pl
- International Music Festival 'Chopin and his Europe' (August), pl.chopin.nifc.pl/festival
- Jewish Culture Festival Singer's Warsaw (August), www.festiwalsingera.pl
- Vistula Holiday (August/September), www.facebook.com/swietowisly

■ AUTUMN

- BMW Praga Half-Marathon (September), www.bmwpolmaratonpraski.pl
- Warsaw Autumn International Festival of Contemporary Music (September), www.warszawska-jesien.art.pl
- Cross Culture Festival (September), www.festival.warszawa.pl
- La Folle Journée Festival (September), www.szalonednimuzyki.pl
- PZU Warsaw Marathon (September), www.pzumaronwarszawski.com
- Warsaw International Film Festival (October), www.wff.pl
- Jazz Jamboree (October), www.adamiakjazz.pl
- Warsaw Jewish Film Festival (November), www.wjff.pl

■ WINTER

- Independence Run (November), www.aktywnawarszawa.waw.pl
- Royal Garden of Light (November – March), www.wilanow-palac.pl
- Winter National Stadium (November – February), www.pgenarodowy.pl
- International Film Festival WATCH DOCS. Human Rights in Film (December), www.watchdocs.pl
- Royal Tract Illumination (December – February), www.um.warszawa.pl
- Barborka Rally (December), www.barborka.pl
- City New Year's Eve (December), www.estrada.com.pl
- Fryderyk Chopin birthday concerts festival (February – March), chopin.smolna.org

DURING THE DAY

Free day or afternoon? Want to relax or rest actively? There are many green areas in Warsaw where you can walk or jog, as well as a lot of sports facilities.

- Warsaw is a truly “green” city, and you will find many beautiful parks here. Taking a walk, organising a picnic with friends or taking a moment to read a good book among the greenery are all good ways to relax. You can also leave the city and experience some nature – Warsaw borders directly on Kampinos National Park.
- You can leave your mark in Warsaw – choose a place where the city should plant trees. Milion Drzew (A Million Trees) is not only an app used by the residents to indicate the places where trees should be planted, but also a comprehensive programme of afforesting Warsaw on an unprecedented scale. It is a project of planting 18 thousand trees along the 50 major streets of Warsaw, which is worth over PLN 20 million. All trees will appear there in the next 2 years. If you want to plant a tree in Warsaw, download the Milion Drzew app from Google Play or App Store and go to the place where you want the tree to appear. Launch the app; tap ZGŁOŚ (REGISTER) and click on the map to submit your application. If the place you are registering has been accepted, an appropriate message will be displayed. A confirmation will also be sent to your e-mail address and mobile phone. If the tree cannot



be planted in the registered place, the application will tell you why.

- It is worth visiting the garden on the roof of the University of Warsaw Library, one of the largest and most beautiful roof gardens in Europe. Here you can admire many species of plants, planted in charming nooks connected by footbridges, paths and small bridges. The very top of the roof overlooks the Vistula River.
- The Vistula Boulevards are a perfect spot for a bike ride or a walk. From a lookout you can watch boats, barges and water trams sailing on the river. And how about kayaking or paddleboarding? If you love nature, you can also take a ferry to the other bank of the Vistula, where an interesting environmental trail runs along its wild shore.
- Do you like sunbathing? That's great, because Warsaw's beaches are considered some of the most beautiful urban beaches in the world. There are as many as eight beaches where you can rent deckchairs and sports equipment, build sand castles or play beach volleyball. You'll also find barbecue spots.
- You can also use the city's sporting facilities such as swimming pools, sports halls, sports fields and fitness clubs. In selected places you can also use outdoor gyms. Winter sports enthusiasts will be delighted to hear that there is the Szczęśliwicka Hill year-round ski slope and a dozen or so ice rinks open in the winter season.

AND IN THE EVENINGS

In Warsaw there are many cafés, outdoor bars on the Vistula, artistic party areas and fashionable clubs – places where you can have fun until the small hours.

- Zbawiciela Square is one of the legendary locations where Warsaw citizens of all ages meet in numerous bars, cafés and bistros.
- Mazowiecka and Kredytowa Streets, as well as the areas surrounding Parkingowa Street have been attracting clubbers for years. Chart hits and those from the past decades or live jazz – you can spend the whole evening in city-centre clubs accompanied by music.
- The Nowy Świat Pavilions is a popular students' meeting place. Just go through the gate at 22/28 Nowy Świat Street and unwind in one of the twenty pubs and cocktail bars.
- Ząbkowska and 11 Listopada Streets form the party centre of Stara Praga. In originally furnished clubs and bars, operating in former factories and century-old tenement houses, you can enjoy concerts of indie bands and themed events.
- A relaxed atmosphere, outdoor parties, live music and resting in deckchairs – all this and more on Vistula Boulevards. Most clubs and bars operate on the stretch of land between Poniatowski Bridge and the Czerniaków Peninsula on Vistula Flotilla Boulevard.

THE FLAVOURS OF WARSAW

Warsaw is not only its extraordinary history and impressive places, but also unique flavours. Taste dishes that you won't find anywhere else!

■ WHAT TO EAT

- Taste traditional Polish soups. The most popular are żurek sour soup (prepared based on rye flour leaven, served with egg and white sausage) and tripe (soup with beef or veal stomach strips and small meatballs).
- Your menu should also include pierogi, i.e. small pouches of dough stuffed with meat, sauerkraut and mushrooms, cottage cheese and potatoes (called pierogi ruskie) or, if you want them sweet, seasonal fruit or sweet white cheese.
- Taste the famous Warsaw-style potato dumplings. These are round dumplings made from potato-based dough stuffed with meat, sprinkled before serving with crackling or onions.
- If you want a small snack, try marinated herring, meat in aspic (traditionally served as a vodka side dish) and beef tartare.
- Sweet delicacies include pączki (doughnuts) and wuzetka – cocoa cake with cream, whose name comes from the W-Z (east-west) route built after World War 2.

■ WHERE TO EAT

If you're hungry and want to eat something tasty and inexpensive, try a milk bar.
Javier, Spain

Warsaw is the food capital of Poland. You will find here extremely popular breakfast fairs and foodcourts in the former fair halls, as well as thousands of restaurants and bars serving affordable food from all over the world.

- Look for Warsaw dishes in traditional milk bars, which are famous for their low prices and enjoy great popularity among residents and tourists alike. You will also easily find a place to eat in the very heart of Warsaw, near Poznańska, Nowogrodzka and Krucza Streets, as well as in the atmospheric Praga, on Francuska and Żąbkowska Streets.
- If you like fast food in the open, visit food trucks that serve dishes from all over the world: burgers, Asian dumplings and pancakes.
- Breakfast fairs, held on weekends in parks and squares are perfect for vegetarians and those who love healthy food. You can eat traditional Polish scrambled eggs or sandwiches, but also delicacies from abroad. At the weekend, visit Hala Gwardii, where you can have a meal and purchase regional products at the market.
- Visit the Hala Koszyki, one of the most fashionable places on the culinary and social map of Warsaw. In this beautiful Art-Nouveau hall erected in the early 20th century you will find dozens of restaurants and bars.



BECOME PART OF



A STUDENTS' UNION

Students' unions are the most popular form of associating students. Every student is a member of a students' union of their university, because the union simply includes all students. As a representative of the union, you can get actively involved in the life of your university and influence such issues as the rules and regulations and curriculum of studies, teaching, cultural life at the university, as well as the allocation of financial resources for student purposes. Usually, special committees dedicated to various student matters, such as scholarships, teaching, promotion and information, etc., operate within the union. The structures of the unions differ between universities, taking the form which is best suited for the needs of a given educational institution.

A COMMUNITY OF ACTIVE FOREIGNERS (THE MULTICULTURAL CENTER)



www.centrumwielokulturowe.waw.pl



centrum@cww.waw.pl



The Centre is open from Monday to Friday,
9:00 a.m. to 8:00 p.m.
and on weekends from 10:00 a.m. to 3:00 p.m.,
and operates at 54 Jagiellońska Street.

It supports the inter-cultural and civic integration of Warsaw residents. It is a place of local activity, a second home for immigrants and the local community, where everyone can find a suitable educational, cultural, advisory, informational or hobby-related package. It is a friendly space for exchanging ideas, views, getting to know oneself and one's culture, pursuing ideas and passions, and enriching oneself with multicultural values. In the Centre you can use the rooms free of charge, participate in debates and conferences, watch interesting exhibitions and films, learn Polish free of charge, seek legal, psychological and career advice, and plan your professional future.

It also has a Reception Point for Applications for regularisation (i.e. temporary residence permits, permanent residence permits and permits for a long-term EU resident). If you want to file an application for legalising your stay, book a visit by phone calling at 22 325 89 00, from Monday till Friday between 9 a.m. and 12 noon.

AND CO-DECIDE (PUBLIC CONSULTATIONS)



www.konsultacje.um.warszawa.pl

Varsovians and other people staying in the capital can temporarily participate in public consultations. Thanks to this process, Warsaw authorities can make decisions together with city residents.

Officials discuss the use of city space by residents, things needed in such spaces, residents' ideas for solutions, and then take these voices into account in the developed projects. Many consultations concern everyday life or places in which people can spend their free time – parks, city squares or activities of neighbourhood houses.

You can take part in the consultations even if you do not live in the capital or have no registered residence. Your opinion counts! You can influence changes in Warsaw and your neighbourhood.

ABOUT WARSAW (PARTICIPATORY BUDGET)



www.twojbudzet.um.warszawa.pl

The participatory budget provides a unique opportunity to co-decide on the allocation of parts of Warsaw's budget. You can submit your ideas for implementation. You can discuss and help to improve them. You can vote for ideas that you find interesting or necessary. A climbing wall on the Vistula River, murals in Ursynów, open-air cinema screenings – these are just a few of the hundreds of projects implemented thanks to residents' ideas.

All residents of Warsaw can be involved in the participatory budget – also those who came here only to study (also from abroad), live in a student's house or rent a flat. Registered residence is not required.

WHAT IS HAPPENING IN YOUR ENVIRONMENT (LOCAL INITIATIVE)



www.inicjatywa.um.warszawa.pl/lokalna

The local initiative is a form of cooperation between the City of Warsaw and its residents, which involves joint implementation of public tasks for the benefit of the local community (housing estate, district, whole city), which include, for example, renovating a courtyard, a neighbourhood picnic or a common garden. The City of Warsaw, as part of this initiative, can purchase materials or services, provide organisational support and lend the necessary equipment. It may not, however, provide residents with subsidies (including money for remuneration for work). In turn, your contribution to the implementation of local initiatives can take the form of community work (highest score in the application), in-kind contribution or financial contribution.



WHERE (LOCAL ACTIVITY CENTRES)

 inicjatywa.um.warszawa.pl/znajdzmal

Local Activity Centres (LAC) are various spaces (community centres, cafés, neighbourhood houses) which facilitate the implementation of residents' ideas, establishing new neighbour relations and actively spending free time in their closest surroundings. LACs can, for example, provide residents with rooms and equipment necessary for a given action (free of charge) and co-organise local events. In LACs you can participate in neighbourhood meetings, workshops or board game circles, etc. You can both participate in and organise the activities that take place there. The nature and programme of all activities is determined by residents.

WITH WHOM (NGOS)

 ngo.um.warszawa.pl/komisje/komisja-dialogu-spo-ecznego-ds-cudzoziemc-w-centrumwielokulturowe.waw.pl

In Warsaw there are many non-governmental organisations, informal groups and individual activists that work for the benefit of foreigners and provide assistance in regularising their stay, as well as provide psychological assistance, organise events and do many wonderful things. Look for information on the activities, see which will be of use to you or which you can join as, e.g. a volunteer. The Sectoral Social Dialogue Committee for Foreigners cooperates with the City of Warsaw, and we recommend the organisations associated with it.

AND WHO YOU WANT TO HELP (VOLUNTARY SERVICE)

 www.ochotnicy.waw.pl

Voluntary service is a discretionary, conscious and unpaid action taken for the benefit of other people, the environment or one's surroundings. Voluntary activities may involve culture, sports, education, animal welfare, social welfare, as well as many other areas.

Anyone can become a volunteer, regardless of their age, experience or time at their disposal. Participation in voluntary service is an opportunity to gain valuable experience, share knowledge and skills and make new acquaintances.

The "Ochotnicy warszawscy" (Warsaw volunteers) programme is being implemented in the city. Its task is to promote and develop voluntary service in the capital city. It is based on cooperation among the City of Warsaw, associations, foundations and municipal institutions, such as theatres, museums and other entities. If you want to become a volunteer, go to www.ochotnicy.waw.pl, where you will find a number of suggestions regarding voluntary service.

HEALTH



HEALTH

Being entitled to the services provided by the healthcare system in Poland (including in emergency situations) is based on health insurance. On the basis of the European Health Insurance Card – EHIC (EKUZ) or a substitute certificate, the citizens of the European Union, Iceland, Norway, and the EFTA States are entitled to receive any essential health care benefits chargeable to the NFZ (the Polish National Health Fund) during their temporary stay in Poland. If you do not have valid insurance yet, you can choose from two types of insurance: public (the Polish National Health Fund NFZ) and private.

If you would like to get insured at the NFZ, you can take out a voluntary insurance cover individually with the NFZ (you need to have a certificate of study) and pay contributions (the cost is relatively low).

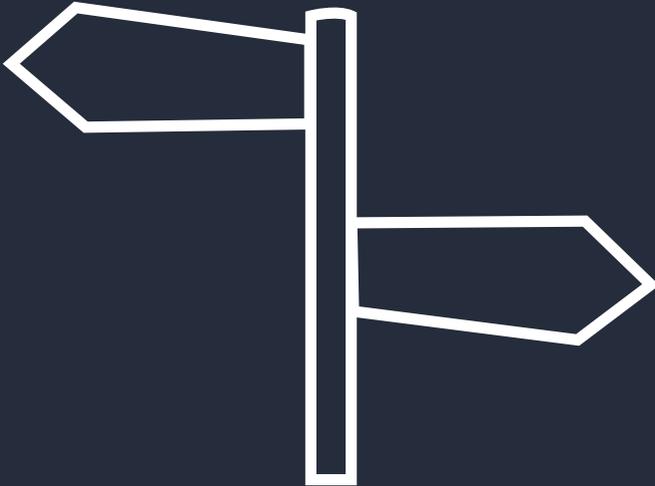
Alternatively, you can use one of the insurance brokers' services. The cost of contributions and fees included in bundle deals can vary considerably so it is worth spending some time choosing an option that is best suited for you.

To be able to use healthcare services not only in emergency situations, first you need to register with a general practitioner. You are entitled to choose or change one yourself. At the point of registration at a primary healthcare surgery/making an appointment to see a specialist it is worth asking if there is a doctor who speaks a language that you understand or if it is possible to arrange an appointment with an accompanying person (a Polish speaking interpreter/friend). This should not be a problem so do not be afraid to ask someone for their support. Remember that in an emergency you can go to a hospital A&E department (SOR), the so called Night and Holiday Healthcare units (open from 6 p.m. to 8 a.m.) or call emergency ambulance (phone numbers 999 and 112).

A student's life can be very intense, but remember about preventive appointments and do not neglect any chronic conditions. At larger universities there are surgeries where you can see a general practitioner or medical specialists, have tests run and where you can receive certificates required for your studies.



**I FEEL SAFE, BECAUSE
I KNOW**



I'M IN A SAFE CITY

Warsaw came in 8th in the world's safest cities ranking – Mapping the World's Prices 2017 and took the first place in the Polish secure and open cities ranking according to the Schuman Foundation ranking – Europolis 2017. 72% of foreign students are satisfied with the level of safety in Warsaw.

THE TELEPHONE NUMBERS

All the emergency services co-operate with each other and if need be they refer the case to a relevant body. Do not be afraid to call – thanks to your call, emergency services know something is wrong and are able to help. The sooner you call and the more detailed your information is, the sooner you will receive the help you need.

When you dial the emergency number and your call is answered by an operator you should:

- specify the location / address of the event or situation,
- briefly describe the situation you have witnessed to a CPR operator so that they can call relevant services,
- give your name and surname,
- provide all the details and follow the instructions given by the operator.

■ EMERGENCY NUMBER 112

It is the single European emergency number. The operator is able to put you through to the State Fire Service, the Police or the State Emergency Services unit. The emergency number 112 can be used to report:

- a sudden threat to life or health, including an act of violence
- a sudden threat to the environment or property and a threat to security and public order.

Alternatively, you can call a relevant emergency service to report an incident within their capacity:

Emergency ambulance 999

- a sudden threat to life or health

State Fire Service 998

- a fire, a natural disaster
- elimination of local threats
- specialist rescue services

The Police 112 and 997

- assault, violence, theft, burglary
- road accidents
- breach of security and order

Municipal Guards 986

- public order disturbances
- parking enforcement
- people under the influence of alcohol, the homeless
- littering, vandalising property
- stray and dangerous animals

City Contact Centre Warsaw 19 115; 24/7



www.warszawa19115.pl
the Warszawa 19115 app



kontakt@um.warszawa.pl



+48 22 19115 (chargeable according to the tariff of the person calling)

- information related to the functioning of the city, i.e. city transport, official procedures, cultural and sports events
- reporting any failures or defects of the city infrastructure, sending in suggestions for improvements in the city

WHO CAN HELP ME

Anyone can ask for help at relevant institutions (the Police or the prosecutor). It is their duty to provide help, assistance and protection or to point out a way in which you can protect and assert your rights.

The joint powers of the Police and Municipal Guard include:

- maintaining peace and order in public areas;
- giving cautions;
- verifying a person's identity papers in justified cases to establish their identity;
- arresting individuals who clearly pose a direct threat to human life, health or property, and bringing them to the nearest Police station without delay;
- imposing fines in ticketing proceedings in the manner provided for in the regulations applicable to proceedings conducted in petty offence cases.
- removing vehicles and clamping vehicle wheels in cases specified in the regulations on road traffic;
- the application of coercive measures to persons preventing the municipal police from performing the tasks set out in the Act.



CHECK MY IDENTITY DOCUMENTS

The identity of the person being checked is verified on the basis of:

- an identity card, a temporary identity card or a certificate of identity;
- a passport;
- a foreigner's identity card;
- other reliable photo ID, bearing a serial number (i.e. a driving licence, a military service book, school ID or student ID card);
- a statement of a person whose identity has been established on the basis of the abovementioned documents as well as face-to-face or over-the-phone contact with persons indicated by the individual being checked.

At the beginning of an ID card check, each police officer and municipal police officer is required to provide their rank, name and surname in a manner allowing you to note down this information as well as the legal grounds and the reason for taking action on duty.

Moreover, every police officer not wearing a uniform is required to present their service card, and at the request of the person asking for identification, they have to enable them to copy the information listed there.

After performing their duties, the police officer informs the person of their legal right to make a complaint to the prosecutor about the manner of conducting the identity inspection.

■ THE PROCEDURE OF TICKET CONTROL ON PUBLIC TRANSPORT IN THE CITY OF WARSAW

Ticket control can take place from the moment a passenger gets onto a vehicle or into the underground ticket zone. The passenger has to validate/activate their ticket as soon as they board the vehicle or enter the fare paying zone of the underground, unless they hold a document which entitles them to travel free of charge. The lack of a validated/activated ticket means you will need to pay a fine.

A ticket inspector has the right to request that you present an identity card or a document allowing you to travel free of charge, if you avail of the discount.

PLACES WHERE YOU ARE NOT ALLOWED TO DRINK OR SMOKE

In Warsaw there is a strict regulation in place which forbids smoking at public transport stops, as well as in clubs, pubs and restaurants (unless there are separate rooms for smokers and non-smokers).

In addition, you are not allowed to drink alcohol in public places (parks, squares, street, etc.) apart from designated places such as summer beer gar-

dens at restaurants and pubs. If this regulation is not complied with, a fine may be imposed.

Sometimes even seemingly unimportant things can make your life hard. Always carry your ID card or passport, your student ID card and your ZTM card. It's not worth paying the fine.

Philip, Australia

REACTING IF YOU ARE A VICTIM OF ASSAULT IN A PUBLIC PLACE

There is no universal way to react. It all depends on the circumstances – the place, number of attackers, their aggression level, the number of people attacked, your individual predispositions in the area of interpersonal communication or self-defence. The key thing is to do everything to stay safe (run away, scream, shout or ask others for help). When there is a threat of using violence, it's not worth inflaming the situation.

■ WHAT SHALL I DO?

1. Call the police straight away by dialling 112. If you feel uncertain whether you can make a phone call at that moment, it is possible to send a text message to 697 061 112. If you are going away from the place where the incident happened, call the police again and give them your new location so that the police can find you.
2. The police are required to receive the notification of a suspected criminal offence. They have to provide an interpreter to enable you to give evidence in court, even though it could take a few days. Remember that you can testify in the presence of a lawyer or a person close to you, provided that they will not affect the content of your testimony.
3. While giving evidence, remember to describe the whole incident, present the circumstances and a possible motive of the culprit (for example homophobia or racism). After the interview, read carefully if everything has been written down properly.
4. Remember all the details related to the perpetrator (his/her appearance, what clothes he/she was wearing, any distinguishing features, what he/she said, where he/she went). Your testimony is the most important. If possible, record the incident or take a picture of the aggressors and forward the recording/photograph to the police.
5. Once the police arrive, it is best to follow them to a police station or if you have been beaten up – to hospital in order to have bodily examinations carried out.
6. Remember! You may also report a crime via post or email. You will find templates of the necessary written reports on this website:



www.hejtstop.pl



7. If you need any support or advice, contact one of the organizations providing support to foreigners. You will find them on this website:



www.migrant.info.pl/2854.html

REACTING IF YOU ARE A WITNESS

1. Always react in a way that ensures your safety first.
2. Ask other people who are around for help and support.
3. Offer support for the person being attacked and declare help. If possible, you can sit next to him/her, introduce yourself and ask whether he/she needs help. At that moment you should ignore the aggressor completely. You can also try to distract the attacker's attention or direct the conversation to a different topic (i.e. asking for directions, asking for help in validating a ticket). Do not get into discussion with the aggressor; do not attack him/her physically! It will only lead to an escalation of aggression on his/her part. If the incident takes place on public transport and a passenger acts violently, you have the right to use the button which stops the vehicle. Then it is the driver's duty to investigate the situation and call the appropriate services. You can also ask for that without stopping the vehicle.
4. Notify the police immediately – dial 112, and in case of an incident on public transport, send a text message to 697 061 112.

When you become a witness of cybercrime:

1. Save screenshots with the URL address clearly visible (full website address). If there are a lot of comments in one thread – the easiest way is to save it all as a PDF file (any web browser offers this function, “print – save as PDF”).
2. You can turn to the admin of the content with a request to delete it and/or report to the police the possibility of committing a crime.
3. If the content does not disappear or if you seek advice on how to delete it, you can contact one of the organisations which offer support to foreigners, such as:



www.migrant.info.pl/2854.html

REACTING IF YOU SEE OFFENSIVE LANGUAGE ON THE WALL

An instance of offensive language attacking specific groups in the public space can be reported by dialling 19115, calling the Municipal Guard at 986 or the Police – 997.

NOTES



www.um.warszawa.pl

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WARSZAWA



LEGEND

Universities

- 1 Uniwersytet Warszawski
- 2 Politechnika Warszawska
- 3 Akademia Sztuk Pięknych
- 4 Uniwersytet Muzyczny im. F. Chopina
- 5 Collegium Civitas
- 6 Polsko-Japońska Akademia Techniki Komputerowych
- 7 Chrześcijańska Akademia Teologiczna
- 8 SWPS Uniwersytet Humanistycznospołeczny
- 9 Akademia Leona Koźmińskiego
- 10 Kampus Ochota
- 11 Warszawski Uniwersytet Medyczny
- 12 Akademia Pedagogiki Specjalnej im. Marii Grzegorzewskiej
- 13 Wyższa Szkoła Finansów i Zarządzania
- 14 Uczelnia Łazarskiego w Warszawie
- 15 Szkoła Główna Handlowa
- 16 Uniwersytet Kardynała Stefana Wyszyńskiego
- 17 Akademia Wychowania Fizycznego
- 18 Akademia Finansów i Biznesu Vistula
- 19 Wojskowa Akademia Techniczna
- 20 Szkoła Główna Gospodarstwa Wiejskiego
- 21 Akademia Sztuki Wojennej

Student Residence Halls

- 22 „Dziekanka” Dom Studencki Uniwersytetu Muzycznego
- 23 „Mikrus” Dom Studencki Politechniki Warszawskiej
- 24 „Riviera” Dom Studencki Politechniki Warszawskiej
- 25 „Muchomorek” Dom Studencki Uniwersytetu Warszawskiego
- 26 Dom Studencki nr 6 Uniwersytetu Warszawskiego
- 27 Dom Studencki nr 4 Uniwersytetu Warszawskiego
- 28 Dom Studencki nr 5 Uniwersytetu Warszawskiego
- 29 „Sesam” Dom Studencki Politechniki Warszawskiej
- 30 Dom Studencki Nr 3 Uniwersytetu Warszawskiego
- 31 Dom Studencki, Kawczyńska 36
- 32 „Tatrzańska” Dom Studencki Politechniki Warszawskiej
- 33 „Babilon” Dom Studencki Politechniki Warszawskiej
- 34 „Akademik”, „Muszelka”, „Pineska”, „Tulipan”
– Domy Studenckie PW
- 35 „Ustronie” Dom Studencki Politechniki Warszawskiej
- 36 Dom Studencki nr 2 Warszawskiego Uniwersytetu Medycznego
- 37 „Zwirek” Dom Studencki Uniwersytetu Warszawskiego
- 38 „Zaczek” Dom Studencki Politechniki Warszawskiej
- 39 „Grosik” Dom Studencki nr 3 Szkoły Głównej Handlowej
- 40 „Oaza” Dom Studencki Szkoły Głównej Gospodarstwa Wiejskiego
- 41 „Sabinki” Dom Studencki nr 1 Szkoły Głównej Handlowej
- 42 Dom Studencki Akademii Wychowania Fizycznego
- 43 Dom Asystenta Wojskowej Akademii Technicznej
- 44 „Rogas”, „Jelonek”, „Sarna” – Domy Studenckie Akademii Pedagogiki Specjalnej
- 45 Dom Studencki nr 1 Warszawskiego Uniwersytetu Medycznego
- 46 Domy Studenckie Szkoły Głównej Gospodarstwa Wiejskiego („Adara”, „Bazyliżek”, „Cezar”, „Dendryt”, „Eden”, „Feniks”, „Grand”, „Hilton”, „Limba”, „Ikar”)
- 47 „Krokus” Dom Studencki Szkoły Głównej Gospodarstwa Wiejskiego
- 48 „Partyzant” Dom Studencki Akademii Sztuki Wojennej
- 49 palace *Pałac Kultury i Nauki*
- 50 old town market place *Rynek Starego Miasta*
- 51 artificial palm tree on *Rondo de Gaulle'a*
- 52 commercial centre *Rotunda*
- 53 library *Biblioteka Publiczna m.st. Warszawy – Biblioteka Główna Województwa Mazowieckiego*
- 54 theatre *Teatr Wielki*
- 55 science centre *Centrum Nauki Kopernik*
- 56 library *Biblioteka Narodowa*
- 57 multicultural centre *Centrum Wielokulturowe w Warszawie*
- 58 monument *Pomnik Mikołaja Kopernika*
- 59 column *Kolumna Zygmunta*
- 60 monument *Pomnik Syrenki*
- 61 library *Biblioteka Uniwersytetu Warszawskiego*
- 62 fountain park *Multimedialny Park Fontann*
- 63 complex *Złote Tarasy*
- 64 parliament/senate building *Sejm/Senat*
- 65 stadium *Stadion Narodowy*
- 66 creative hub *Centrum Kreatywności Targowa*
- 67 department store *Hale Banacha*

